# DEMENTIA CAREGIVER RESOURCES, INC.

HOPE V HELP V HEART 7 LIGHT V GROWTH V LOVE Email: drkaren@bookofhope.us to be added to e-newsletter distribution list. www.dementiacaregiverresources.org

THE LATEST FACTOIDS, RESEARCH, TRIVIA AND INFORMATION "The Devil's in the Details"

### THE DEMENTIA DETAILS DISPATCH September 2011

#### **SEPTEMBER Support Groups**

| Sep. 2 &16 Grand Villa       | 9:30 <b>AM</b> |
|------------------------------|----------------|
| Sep. 6 & 20 St. Mark Village | 9:30 <b>AM</b> |
| Sep. 7 & 21 Bon Secours PL   | 6:00 <b>PM</b> |
| Sep. 6 & 20 Grand Villa      | 6:00 <b>PM</b> |
| October Support Groups       |                |
| Oct. 4 & 18 St. Mark Village | 9:30 <b>AM</b> |
| Oct. 4 & 18 Grand Villa      | 6:00 <b>PM</b> |
| Oct. 5 & 19 Bon Secours PL   | 6:00 <b>PM</b> |
| Oct. 7 & 21 Grand Villa      | 9:30 <b>AM</b> |
|                              |                |



**NEW DURABLE POWER OF ATTORNEY LAW** The new DPOA statute (which will be effective on October 1, 2011 can be found at Florida Statute Section 709.2101 through 709.2402). It has many changes and will apply to all Florida Durable Powers of Attorney, regardless of when they were created. The good news is that old DPOA's (those signed before Oct. 1, 2011) are NOT invalid, so long as they were valid before the new statute came into effect. If your durable power of attorney was signed in front of two witnesses and a notary, then it should be valid after October 1, 2011. Remember, a DPOA may be considered "stale" after five years. To update your documents: Phone: 727.539.0181 http://www.virtuallawoffice.com/



"Some changes look negative on the surface but you will soon realize that space is being created in your life for something new to emerge."

--- ECKHART TOLLE

### **50%** DO NOT KNOW STAGES OF DISEASE **MILD, MODERATE or SEVERE**

Research conducted by Caring.com shows that nearly 50 percent of families caring for a loved one with Alzheimer's do not know what stage of the illness their family member is in. This uncertainty makes it very difficult to make important decisions on a daily basis and properly care for a spouse, mother, father or other relative with Alzheimer's. For most of the more than 1,100 caregivers the company surveyed, a diagnosis of Alzheimer's came a year or more after memory loss and other symptoms first appeared. It's important to realize that Alzheimer's stages are rough guides based on averages and generalizations. The disease is a continuous process. Your experience with Alzheimer's, the symptoms, and when they appear may vary. It may be helpful to think about three Alzheimer's stages: MILD, MODERATE AND SEVERE. http://www.caring.com/



AREA AGENCIES ON AGING (AAA) are one of the best first calls a caregiver can make to learn about eldercare programs, facilities, and expertise that are available in their local community. Staffers can answer common questions and refer you to resources that are most likely to match your family's specific needs -- they are experts on health insurance questions too. An AAA serves every county in the United States. Call: 1-800-96-ELDER (1-800-963-5337) Visit:

http://www.n4a.org/



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Early and accurate diagnosis of LBD, while not always easy to do, is of critical importance for two reasons.

1. First, people with LBD may respond more favorably to certain dementia medications than people with Alzheimer's, allowing for early treatment that may improve or extend the quality of life for both the person with LBD and their caregiver.

2. Secondly, many people with LBD respond more poorly to certain medications for behavior and movement than people with Alzheimer's or Parkinson's, sometimes with dangerous or permanent side effects. *Visit:* http://www.lbda.org/



September's birthstone is SAPPHIRE. Ancient civilizations believed that the world was set upon an enormous sapphire, which painted the sky blue with its reflection. This legend, as well as the belief that the Ten Commandments were inscribed upon tablets made of sapphire, gives September's birthstone a royal place among gemstones. Named after the Greek word "sapphirus", meaning blue, Sapphires have long been a favorite among priests and kings, who considered them symbolic of wisdom and purity.



A very special Happy Birthday on September 8<sup>th</sup> to Betty, my mother-in-law.



**2011** We are organizing a group to go Orlando for the **Naomi Feil** (Validation Therapy) Caregiver Conference. This will be a special weekend event with fun, education and fellowship. Please let us know ASAP if you plan on attending. drkaren@bookofhope.us



The all new and updated version of Karen's book is now available. It has recently been added as an Alzheimer's/Dementia Resource Book with the **National Institute of Health (NIH)**. Copies can be purchased from our website, at events, and support groups. Give one to a friend who may need some help.

Enhance the Dementia Caregiving Journey! Your tax deductable donations can now be made with a credit card on our website! WE ALWAYS NEED INK CARTRIDGES!

THANK YOU TO OUR Sept. NEWSLETTER SPONSOR: ARCADIA





TINA COSTA 727.579.9414 tcosta@arcadiahealthcare.com "Keeping People at Home and Healthier Longer"



322 Eighth Ave, 7th Floor 👻 New York, NY 10001 👻 1.866.AFA.8484